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1st Annual

# Hamptons Home Show

[HamptonsHomeShow.com](http://HamptonsHomeShow.com)

#### **MISSION STATEMENT**

As the Hamptons' single greatest gathering of home professionals, the **Hamptons Home Show** is a one-of-a-kind investment. It's the perfect opportunity to meet key players in the Hamptons home professionals community, and also to showcase your cutting-edge products and services!

Hamptons home professionals understand the importance of providing homes that are luxurious, durable, attractive, cost-effective, energy efficient and technologically advanced. From custom homes to remodeling to land development, the Hamptons Home Show brings together the high-level decision-makers with the authority to buy your products, solutions and services. It's the ultimate sales call!

#### **FOCUS**

The Hamptons Home Show provides a wealth of networking opportunities, information and contacts for home-related goods and services on the East End.

#### **EXHIBITOR PROFILE AND SPACE AVAILABILITY**

- Space is available for an exclusive lineup of vendors that focus on home-related services. Special packages are available for sponsors.

#### **OVERVIEW OF THE HAMPTONS HOME SHOW**

- Attendees will find innovative products, decoration and remodeling ideas; home improvement specialists; gardening products; hundreds of experts from windows to flooring to cabinets to landscaping; and much more, all under one roof.
- Our exhibition area has space for more than 125 vendors.
- Workshops: Concurrent workshops and talks will be offered throughout the day. Examples include but are not limited to: interior design, culinary demonstrations, energy/green living sustainability practices, landscape design and more.

For information about becoming an exhibitor or sponsor please contact  
Steve McKenna at [smckenna@DansHamptons.com](mailto:smckenna@DansHamptons.com) or 631-537-0500

Hosted by the HHPA (Hamptons Home Professionals Alliance)  
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*Dan's Papers*

BEHIND THE  
**HEDGES**



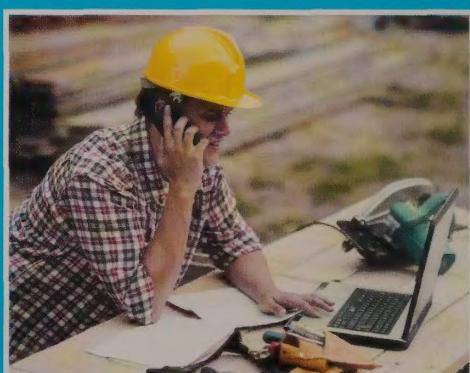
Friday April 24,  
3pm - 8pm  
&  
Saturday April 25,  
10am - 6pm

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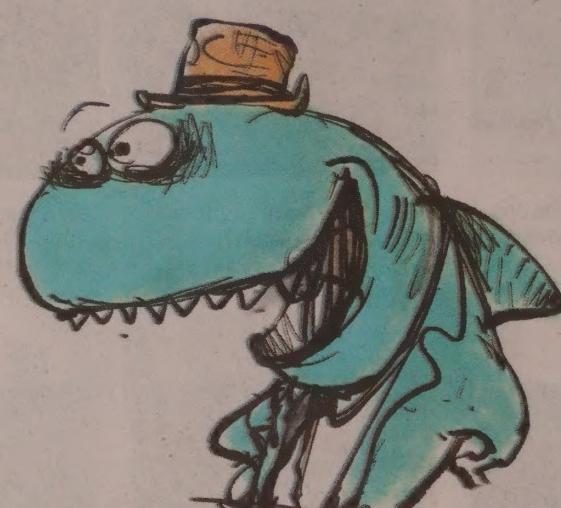
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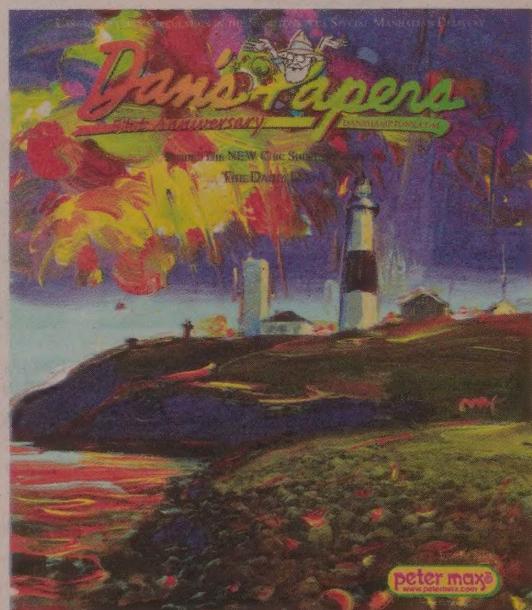
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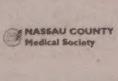
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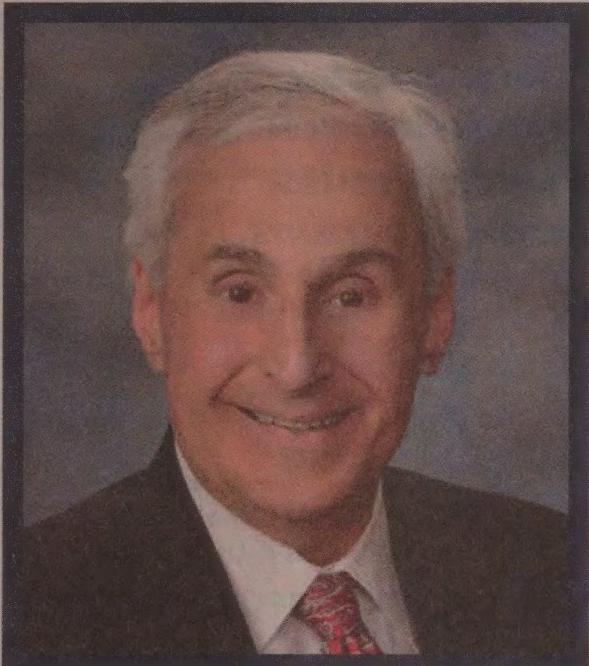
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NEWS**

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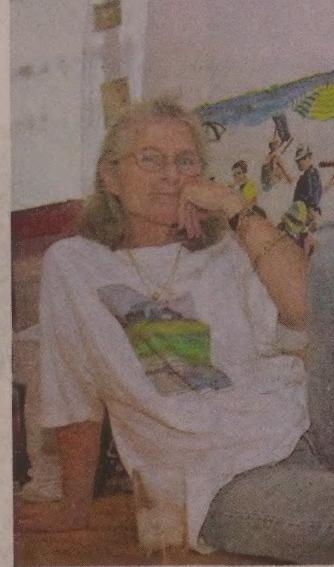
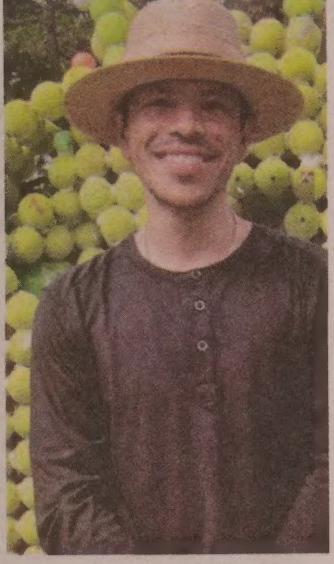
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JANUARY 30—FEBRUARY 5, 2020

# OUT & ABOUT ON THE EAST END

WHAT TO DO. WHERE TO GO. WHERE TO PLAY.



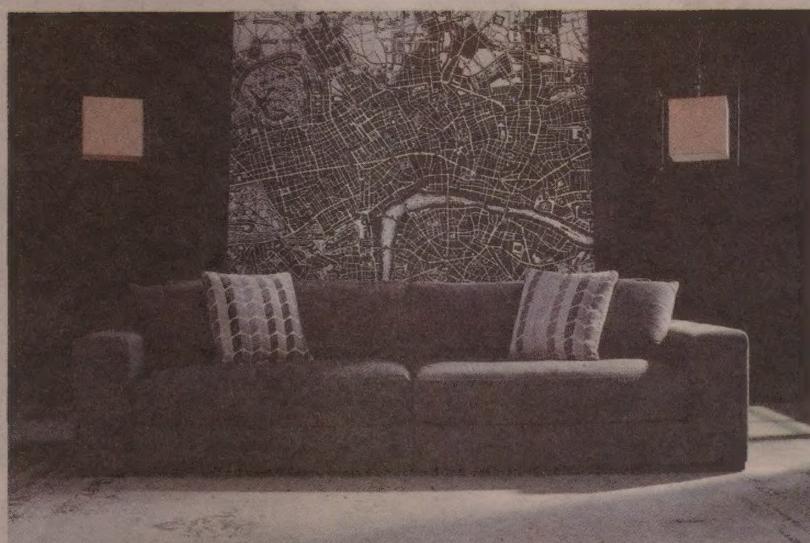
## Takeover 2020: Artists in Residence Opening Reception

SATURDAY, FEBRUARY 1, 6–10 P.M.

Southampton Arts Center is ceding control of its gallery walls to 10 talented East End artists working in a variety of mediums. Each artist is given space for a pop-up studio where they'll display finished works and create all-new ones during their 10-week residency. Meet the 2020 lineup of artists—Jodi Bentivegna, Michael Butler, Isadora Capraro, Franco Cuttica, Eslly Escobar, Melinda Hackett, Erica-Lynn Huberty, Dinah Maxwell Smith, Miles Partington and Kerry Sharkey-Miller—at an opening reception from 6–8 p.m., then hit the dance floor when DJ Mister Lama spins the hottest tracks from 8–10 p.m. Admission is free.

*Southampton Arts Center, 25 Jobs Lane, Southampton. 631-283-0967, [southamptonartscenter.org](http://southamptonartscenter.org)*

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# OUT & ABOUT ON THE EAST END

WHAT TO DO. WHERE TO GO. WHERE TO PLAY.



## "ADMISSIONS" CLOSING WEEKEND JANUARY 30–FEBRUARY 2, TIMES VARY

This is your last chance to see Joshua Harmon's *Admissions* performed by Hampton Theatre Company. In the play, the head of admissions at a prep school, known for fighting to diversify the student body, is forced to choose between helping her son get into an Ivy League school and her progressive values, resulting in hilarious antics. Tickets are \$10–\$30.

Quogue Community Hall  
125 Jessup Avenue, Quogue  
631-653-8955, hamptontheatre.org



## BIRDING WITH FRANK: SHINNECOCK SPECIALTIES SATURDAY, FEBRUARY 1, 10 A.M.

The Shinnecock barrier beach area is one of the few remaining undeveloped salt marsh habitats on the East End, and it's often visited by wintering snowy owls and short-eared owls. Join South Fork Natural History Museum executive director Frank Quevedo for a birding walk to spot these beautiful creatures. Don't forget your binoculars! Registration is \$10.

Register for directions to Shinnecock meeting place, Southampton  
631-537-9735, sofo.org



## EQUALITY MATTERS IN THE HAMPTONS SATURDAY, FEBRUARY 1, 5:30 P.M.

Celebrate the start of Black History Month with the latest installment of Bridgehampton Child Care & Recreational Center's Thinking Forward Lecture Series, "Equality Matters in the Hamptons." Led by president of the Africa-America Institute Kofi Appenteng and moderated by Ken Miller, the talk focuses on the importance of African stories in American curriculum. RSVP to info@bhccrc.org.

Bridgehampton Child Care & Recreational Center  
551 Sag Harbor Turnpike, Bridgehampton  
631-537-0616, bhccrc.org



## GROUNDHOG DAY PREDICTION EVENT SUNDAY, FEBRUARY 2, 10 A.M.

Join Quigley the groundhog and Master of Ceremonies Chris Osborne in finding out whether Quigley's shadow will forewarn more cold temperatures, or if warm weather is coming soon. Representatives of Quogue Library and the Village of Quogue will offer hot chocolate, coffee and pastries to guests after the ceremony. Admission is free.

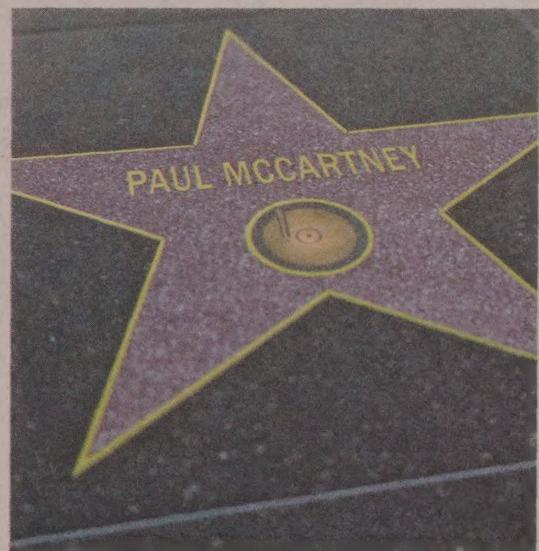
Quogue Firehouse  
117 Jessup Avenue, Quogue  
savetheanimalsrescue.org



## "THE CAMERAMAN" SCREENING SUNDAY, FEBRUARY 2, 2 P.M.

Directed by Edward Sedgwick and starring Buster Keaton, *The Cameraman* is a 1928 silent comedy that follows Keaton's character as he tries to impress a young secretary by becoming a news cameraman. The film is highly regarded as some of the legendary actor's best work and has been added to the National Film Registry. Tickets to the Sag Harbor Cinema screening are \$15.

Bay Street Theater  
1 Bay Street, Sag Harbor  
631-725-9500, baystreet.org



## THE MCCARTNEY YEARS: A TRIBUTE SUNDAY, FEBRUARY 2, 7:30 P.M.

Described by Beatles promoter Sid Bernstein as "the best on the scene today," *The McCartney Years* boasts a technically stunning, sonically explosive production developed by singer Yuri Pool, plus instruments and costumes that re-create Paul McCartney's solo years. The restaurant and bar open at 6 p.m., and there is a \$10 dining minimum. Tickets are \$49–\$59.

Suffolk Theater  
118 East Main Street, Riverhead  
631-727-4343, suffolktheater.com

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**SOUTH O' THE HIGHWAY**  
...AND NORTH, TOO

After 16 years as quarterback of the New York Giants, Quogue resident Eli Manning officially retired on Friday, January 24. During a news conference at the Quest Diagnostics Training Center in New Jersey, team president John Mara announced plans to induct Manning into the Ring of Honor next season, and added that no one would wear No. 10 again. Said Manning during his speech, "I hope that I've represented the organization in the way that you wanted me to...Wellington Mara always said, 'Once a Giant, always a Giant.' For me, it's only a Giant."

AT&T Citi

SEAN "DIDDY" COMBS

Congratulations, **Sean "Diddy" Combs!** The East Hampton hip-hop mogul was honored with the Clive Davis Icon award at the annual Clive Davis Pre-Grammy Gala in Los Angeles last Saturday, January 25. Addressing Grammy-nominee diversity in his acceptance speech, Combs said, "My goal used to be about making hit records. Now it's about ensuring that the culture moves forward. My culture. Our culture. The black culture. And for me to be worthy of receiving an Icon Award, I have to use my experience to help make a change."

The first Coach ad featuring Water Mill's **Jennifer Lopez** was recently released. In the ad, Lopez wears a sweater adorned with **Barbra Streisand's** face. The celebrity clothing is part of Coach's collaboration with artist **Richard Bernstein**, who's best known for his popular *Interview* magazine covers. Coach's "Originals Go Their Own Way" campaign was shot in Manhattan, and also stars actor **Michael B. Jordan**, who represents the company's menswear line.

Find more *South O' the Highway* at [DansPapers.com](#).

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Loaves & Fishes February 5<sup>TH</sup>  
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## 2020 Nancy Atlas Fireside Sessions Finale

The final weekend of the Nancy Atlas Fireside Sessions at Bay Street Theater, presented by *Dan's Papers*, was a two-night party of musical mayhem of the very best kind in Sag Harbor. On Friday, January 24 original Blues Brothers Band frontman Jonny Rosch rocked onstage with the Nancy Atlas Project, followed the next evening by Danny Kean and The Choir joining the band for an unforgettable evening that brought down the house. Photographs by Barbara Lassen



1. Danny Kean and Nancy Atlas  
2. Charles Baker  
3. Christie and Michael Tagliavia  
4. Mamalee Rose  
5. Top row: Brett King, Johnny Blood, Richard Rosch, Neil Surreal  
Bottom row: Jonny Rosch and Nancy Atlas  
6. Inda Eaton and Nancy Atlas  
7. Nancy Atlas and Jonny Rosch  
8. Betty Parbus, Cari Faith Besserman, Marcia Besserman,  
Lorraine Petraitis  
9. Diana Aceti, Sarah Haley, Danielle Gingerich



**Hope has a new address.**  
**The Phillips Family Cancer Center**  
Now open in Southampton

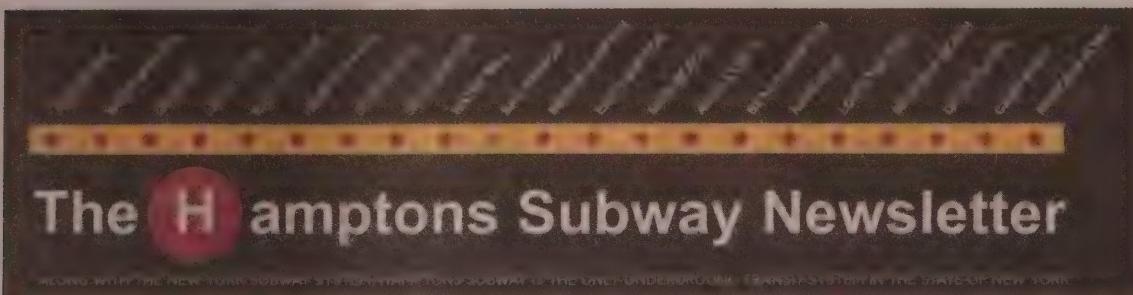
[phillipsfamilycancercenter.stonybrookmedicine.edu](http://phillipsfamilycancercenter.stonybrookmedicine.edu)

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## The Hamptons Subway Newsletter

BY DAN RATTNER

Week of January 30–February 5, 2020

Riders this past week: 132,088

Rider miles this past week: 89,412

### DOWN IN THE TUBE

Cartoonist Jules Feiffer was seen traveling on the subway between North Haven and Sag Harbor last Thursday. David Letterman was seen traveling from Westhampton Beach to Quogue on Thursday sporting a long fake beard.

### FEWEST RIDERS

The number of riders using the subway system last week sank to its lowest level since February 14–21, 1938. There seemed no reason for it. And so, the Commissioner turned to his brother Biff, the owner of Aspinall Surveys, who has often done statistical studies for Hampton Subway. The Aspinall Report, submitted early this morning, revealed that the number of people using the subway was actually at a record high, not a record low. Ridership last week totaled 132,088, not 37,932 as originally reported in the automatic turnstile count clicking each rider through every

day. Stations are three miles apart. But if the earlier reported rider miles are correct, then each ride was less than half a mile long. This suggests that a second study be done on the rider miles for last week, since that is probably wrong, too. Stockholders for Hamptons Subway were cheered by the news and the price of Hamptons Subway stock soared.

### SPECIAL SUBWAY SANDWICHES

The Subway restaurant chain, which has kiosks on all our platforms, announced today that for the month of February they will offer two new footlongs—one of Munster cheese and mayonnaise with the face of Nancy Pelosi at both ends, and the other of baloney and barbecue sauce featuring the face of President Trump at both ends. The footlongs will sell for \$12.50 each.

### WAINSCOTT BEACH?

The windfarm company Orsted has asked Hamptons Subway to dig a new tunnel from the regular Wainscott station on the Montauk Highway to a beachfront stop at a public beach pavilion they propose to build at the end of Beach Lane. As a result, the sizzling electric cable

emanating from the new offshore windfarm will travel underground in safety next to the third rail in the tunnel to the existing inland electric grid for distribution of electricity throughout Long Island. Wainscotters seemed leery of this latest proposal.

### SPIDERS AND BATS

Two large infestations of dangerous creatures were found by the maintenance crew last Wednesday night in the three-mile-long tunnel between Southampton and Water Mill. Both infestations were asleep. One was of 6,000 pink-bellied spiders, whose poisonous bite leads to instant death. The other was half a million black one-eyed bats, whose claws emit poison through small sacks the creatures have at their elbows. The bats and spiders were about 50 yards apart and apparently, because they were sleeping, had not yet learned of the other's presence. The maintenance men did not know what to do, until one of the men threw a piece of loose concrete between the two infestations. This awakened both groups, and while the maintenance people ran away, the spiders and bats attacked one another, leading to a massive and mutual fight to the death of both. Environmentalists are expecting to make arrests of some of the maintenance men, who they expect to find with shovels and trash baskets cleaning up the corpses sometime after midnight.

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# Police BLOTTER

BY OLIVER PETERSON

## SIGNS POINT TO SCANDAL AT ARTISTS AND WRITERS GAME

Following a shocking revelation involving accusations of sign stealing at the Annual East Hampton Artists and Writers Charity Softball Game, Hampton Police Department detectives are currently reviewing years of footage from the event. In doing so, HPD has also discovered numerous incidents of players who are neither "artist" nor "writer" being allowed to play due to celebrity status or skill with a bat and ball.

"These allegations of sign stealing, from both sides, have gone on for years, but they gained merit this winter when an unbiased biographer discovered detailed notes about the Artists team pitching signs in the journals of the late author and Writers team regular who he's studying for an upcoming book," Hamptons Police spokesman Rex Gallant revealed this week. "It was truly jaw-dropping to behold the labors this author had gone through to crack the opposing team's signs, usually shared between coach, catcher and pitcher."

Hamptons Police issued a search warrant

following the journal coming to light, and an exhaustive exploration of the author's archives led officers to even more evidence, including videos of players and coaches using signs, and notes comparing the videos to play-by-plays from the games where they were used. "Frankly, we were pretty shocked, but things got worse from there," Gallant said, noting that the Artists appear to have done similar research, as documented in the late author's massive collection of notebooks and papers. Though it's never been much of a secret, both teams also seem to have made efforts to recruit talented players who weren't necessarily artists or writers.

"There is much left to unfurl, and we're not sure where this case leaves the future of our beloved East End institution," Gallant said sadly, but then promised justice would be done.

## MONSTER POLE INCITES MONSTER CONFUSION

In other news, the Hamptons Police Department found itself managing a crisis on several fronts this week after it was reported that a "monster pole" is coming to Cooper Lane in East Hampton Village. It turns out this kind of claim can draw out crazies from all over the place.

"When we saw the story that a so-called monster pole was in the works, I'll admit, our officers became a bit nervous," HPD spokesman Rex Gallant told reporters on Wednesday. "But that's because we expected to don our riot armor and face off against yet another local terrifying creature in battle, like the Ecuadorian Eel or the Montauk Monster," he continued. "As it happened, other people who heard about the pole reacted poorly for a different reason, and we were



left to clean up their mess."

Gallant explained that shortly after word spread about the monster pole, some 60 members of the World Association of Cryptozoology Obsessives (aka WACO) traveled to East Hampton because they believed the pole would attract monsters. "They had read the situation much differently than our analysts," he added. "So, by Thursday evening, we had all sorts of kooks setting up research equipment on Cooper Lane, while others—some usually very smart uniformed locals who shall remain nameless—brought and set a series of monster traps along the street, and in nearby woods. To put it mildly, the residents were not happy at all."

The residents called HPD and asked that officers break up the crowds and send everyone home, and Gallant said his team made record time getting to the scene: "Their arrival was almost instantaneous, and they did their job well. As soon as our guys responded, it was as if half of the crowd vanished. They then sent the WACO members home and brought peace back to Cooper Lane."

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Dan's PAPER

# Hard to Believe

*The Truthy Story of Impeachment & What Those Democrats Have Done*

BY DAN RATTINER

Many people didn't pay too much attention to the impeachment proceedings where they talked about how Donald Trump supposedly withheld funds from Ukraine unless that country's president investigated Joe Biden's son. Others found it all too confusing.

For these people, I made it my business to listen to every one of the 180 hours of talk that went back and forth about it. Maybe it was 190 hours. So here is the truth about what happened.

Donald Trump never made that phone call to the Ukrainian president. It was actually made by a man impersonating Donald Trump, and who this was—this came out at the end—was Chuck Schumer, using helium to make his voice higher.

The Whistle Blower also had his cover blown. It was British Prime Minister Boris Johnson, who was listening and taping the call legally because he got permission to do that, but who posted it all on YouTube and played the YouTube at high volume over loudspeakers in front of Windsor Castle.

Meanwhile, the supposed hiding of the tape of the phone call in that deep throat computer in America was engineered not by Trump's staff, but by Mike Pompeo, who, since it turned out this was completely unnecessary, toward the end of the trial blew the whistle on himself and has now been dispatched to Guantanamo.

The \$300 million supposedly withheld was indeed withheld, but not because Trump wanted it withheld for his personal gain. When the money was printed up, it was printed with marked bills by order of the FBI, and since they were singles, it took three months to reprint new bills and burn the old ones.

Nancy Pelosi was the mastermind who thought up the original plan to embarrass the President by volunteering Schumer. She also arranged for the helium. She just didn't count on Rudy Giuliani

**FINALLY....**



discovering the plot by tapping her phone but then not telling the President about it because he wanted to let this embarrassing charade play out so President Trump could continually tweet it was all fake news.

Jimmy Carter may have had a role in this, although that is not completely clear. Vice President Pence is currently trying to track that down. Some things you just never can get to the bottom of.

It was Bernie Sanders who covered up the charges against young Hunter Biden in a desperate attempt to save the Democratic Party. He took on the job of erasing some of the conversation tapes that revealed Hunter's nefarious dealings, but not all. He also mailed the "fixed" tapes to Supreme Court Judge John Roberts, who decided to dump them in the Potomac ruining them forever.

And it was Alan Dershowitz, the Emeritus Harvard Law Professor, who successfully showed that unless Trump had expressly said "this was

*Also, the withholding of the funds, which in the end he didn't do, would have resulted in the collapse of the Ukrainian military.*

a quid quo pro and I am personally committing a crime" on the tape, which he did not, and also because it was simply not him but Chuck Schumer who flubbed doing it, well, then the facts are clear that no crime was committed and, on the other hand, it was a wise decision by the President to ask for an investigation of Joe Biden's son because that is how things get done in a democracy.

Also, the withholding of the funds, which in the end he didn't do, would have resulted in the collapse of the Ukrainian military and the victory of Russia, thus putting an end to that conflict and resulting in there being more peace in the world and who wouldn't have wanted that?

The worst person in this whole mess was of course Bill Clinton. It was he who held the microphone for Schumer. It was he, using his prerogatives as a former president, who ordered the FBI to produce marked bills. It was he who hasn't played a round of golf under 90 without cheating in years, a fact up until now overlooked but that is now going to result in a second impeachment of him retroactively to when he was president all those years ago, sometime in October just one week before the voting for the 2020 election.

And that is why the Senate voted Trump not guilty.

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# The Shortest Shipwreck

## *The Tale of Vanna White, Matthew Hunt, eBay & the Montauk Light*

BY DAN RATTINER

In late September, a 21-year-old Arizona man named Matthew Hunt purchased a 27-foot sailboat on eBay. He said later that he had slept through the earlier part of the auction, but at the last minute swooped in and bought it for \$700.

This ship, he thought, would change his life. Things weren't working out in Arizona. He'd been laid off from his job at a computer chip company. Now he'd start a new life, coming to the fabulous Hamptons and living on his sailboat.

Hunt flew to La Guardia Airport carrying his possessions, then took the train to Montauk to meet up with *Vanna White*, for that was the name of his newly purchased ship. The seller also had told him the onboard engine was pretty balky. But then this ship, which might normally cost \$15,000, was going for \$700, so it was as is.

Of course, the first thing to do after he stashed all his stuff on board was take her out for a spin. This was just two days after he'd pressed BUY on his computer back in Arizona.

Matt hoisted the sails as he passed through the jetties. He was underway. He'd take her out to just offshore of the Montauk Lighthouse, 15 minutes away. The sails were billowing and she was running fine. His new life had begun.

Just after he rounded the lighthouse, however, changing winds and crashing waves rolled the ship. The engine died. He tried restarting it but it wouldn't catch. The wind whipped in and the current began pulling the ship toward the beach.

He struggled with it, but now it was out of control. And just alongside the cliffs at a place called Shadmoor, the ocean hurled *Vanna* into a rocky beach, the sound of the scraping frightening Hunt as he considered the damage happening below. But all was lost. Just 45 minutes after Hunt started his new life, the *Vanna White* slid up onto the beach, dug in its keel and came to a halt, listing sideways to starboard.

Passersby on the beach came running. Matt climbed out of the cockpit carrying his dripping suitcase and hopped down onto the sand. From here it was all about Good Samaritans coming to the aid of a shipwrecked young captain. Sea Tow Montauk, an outfit that hauls in crippled ships, was called, and soon thereafter the *Vanna White* was refloated and towed back toward the dock at Montauk Harbor. On its way, *Vanna White* sank in shallow water just at the jetties, (where it had to be dragged up later). Hunt was on the scene, having been taken by car back to the harbor.

Hunt, now flat broke, spent a few nights at the home of a stranger who felt sorry for him, and in a few days got offered work by Ed McFarland, the owner of Ed's Lobster Bar in Sag Harbor. Hunt also gave interviews to the local media, which was interested in the story. *The New York Post* asked if he felt his dream was shattered, and he said it was "my worst nightmare." Hunt also was charged with two misdemeanors for what happened. One was "littering or abandoning," the other reckless operation of a vessel. After being given a court appointed lawyer, he pled not guilty to both in East Hampton Town Justice Court on October 2.

Matt failed to show up for his court date on October 23, *The East Hampton Star* reported, and also didn't appear on the next court date on December 5. His current location is unknown.

Three weeks before Christmas, the court dismissed the case. Town Supervisor Peter Van Scoyoc noted there were \$10,000 in costs the town had to bear in towing and salvaging the ship. "We're not trying to destroy the kid, but I have to somehow figure out a way to recoup the taxpayers' money," Ed Michels, the chief

harbormaster, told the *Star*. "I know he didn't do it on purpose, but what else can I do?"

An article on 27east drew a dozen comments. The first of them read, "this sounds like something Dan would have written 30 years ago."

Well, he didn't but now he did.

Others commented he had some nerve posting a GoFundMe request online, though a search I did failed to show he had done that. There was a GoFundMe request from an Englishman, but that was another Matt Hunt. ■

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# Airline Troubles

An Airline Makes a Bad Trip Right by Apologizing with Cash, Sort Of

AIRLINE VOUCHERS.



BY DAN RATTINER

We traveled for six hours on a United Airlines flight from Los Angeles to Hawaii first class last year. It was a special purchase for my wife and I, \$1,000 a ticket or more, as we were celebrating 15 years together.

First class on that flight consisted of crappy old seats that had a little more legroom than the seats directly behind, but no video, no WiFi, no special service and food that was torpedo-shaped and tasted microwaved, but maybe a little larger than what you might get in the economy class.

As a result, I complained. And United offered to give each of us \$250 back.

Now when someone agrees to give you \$500 back for your troubles, you might expect a check. After all, WE paid THEM. But that is not what happened. What we got were two thousand-word emails that thanked us for letting them know about our recent experience and that travel certificates for that amount were available to us that would have to be used within one year from when they were issued after which they would expire. Poof. The money would be withdrawn. And they were only valid for flights "where eligible," and by accepting this offer we were releasing them from liability, claims or damages relating to our flight experience.

Then there was a whole lot that needed to be entered online to get to have a look at this. First was to go to united.com and click on deals and offers. Enter everything there. The material included an original 14-number ticket

reference. There was the six-number promotion code, a nine number PIN code and a six number transaction number. Enter what was asked in an offer code box.

I did try doing that. But the offer code box was locked. I couldn't enter anything. So I went to plan B, which was to call 1-800-864-8331 and talk to an agent, for which, the email said, "a fee may apply for redemption via telephone."

Surely they were intending to give us what they offered, which was \$500.

The phone call was answered electronically and I was asked, "thanks for calling how can I help you? You can say mileage plus, flight status, book a flight, existing reservations or something else."

I said something else. Here the mechanical voice asked if I wanted baggage, refunds, receipts, feedback or main menu. I said "refund." To request a refund or any other situation, visit us online at united.com/refunds. I said "representative." The voice said I think you said you want to talk to an agent. I can transfer you to an agent but if you just answer a few more questions I can help you. Blah blah blah.

Anyway, I persisted. And I got transferred. But there I was told my call would be picked up by an agent in the order in which it was received and that they were experiencing high volumes with agents taking care of other customers and please hold on and that my wait time was 12 minutes or I could leave a number and they would call me back. I decided to wait online and got to listen to a very uplifting classical piece, which I believe was the thrilling grand finale of Dvorak's New

*World Symphony*. After 12 minutes it ended, then began repeating, so I listened to six minutes of it a second time—it's a really beautiful piece celebrating the rights of all people everywhere—but then hung up.

That's it so far.

## FRESH FROM AFAR

My wife, Chris, and I have left the Hamptons to rent a small house in Los Angeles for a couple of weeks as we visit family living out here.

Grocery stores in California pride themselves on selling organic and local. It's our duty to save the environment. We arrived at our house at 11 p.m. to find the cupboard bare. But it was no problem. We just called Amazon Prime's "Fresh" grocery service that delivers groceries right to your door. Thus we got our breakfast stuff by midnight.

Here's what we ordered: Orange juice, bananas, organic blueberries and yogurt, which is all available in California. Here's what we got. Orange juice trucked across country from Florida. Bananas shipped from Peru. Blueberries from Mexico that came with a note urging they be washed first. Greek yogurt from I don't know where, but sold by a firm headquartered in upstate New York. From Greece? And that was it. Oh, and some Tate's Cookies from Southampton. Well, that's local.

Tons of fossil fuel was burned to get all this to California. But I guess that since everything is fresh, maybe they have to throw it all away at the end of the day and restock all fresh again for the morning? What an operation! 



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# HONORING the ARTIST

## This Week's Cover Artist: Emma Ballou

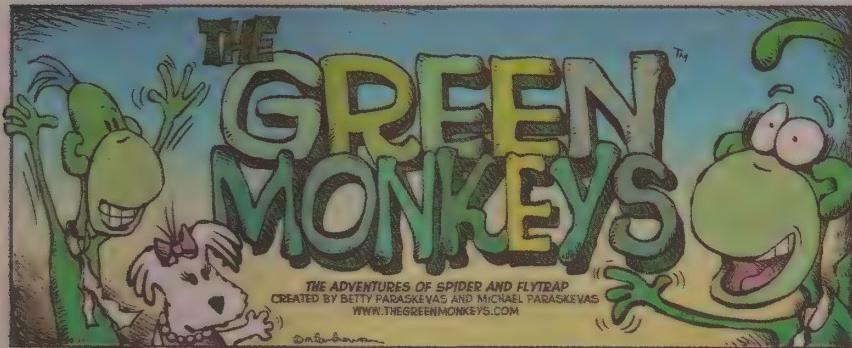
**E**mma Ballou, who hails from Maine, has a deep knowledge of art history thanks to a career in museum curation. Ballou, a talented artist in her own right, talks about her many inspirations.

### WHAT WAS THE INSPIRATION FOR THIS PIECE?

My painting "Blue Cabin" was inspired by a little cabin that I lived in for three years in Hampton Bays. It was a beautiful, secluded spot right on the Peconic Bay that always felt magical to me. I love this time of day, when the sky starts to darken but strangely illuminates the world with a powerful blue light. In my artwork I try to capture a feeling that resonates with the viewer and makes them say, "Oh, I know that feeling."

### WHERE DO YOU FIND YOUR ARTISTIC INSPIRATION?

My artistic process is very organic and cycles with the seasons. I have found that the more aware I am of my conscious self, the more my creativity flows, because after all, art comes from within. Through the past two years I have undergone an "awakening" that has shifted how I see the world and how I see myself in it. At times I crave expansive surfaces to create on, and other times I desire the small and detailed artwork, which allows me tight control over the image that I'm creating. I'm fascinated by the unspoken



language that emerges when an artist vulnerably stands in front of a blank surface and is brave enough to open their soul to the universe to see what emerges.

#### HOW WOULD YOU DESCRIBE YOUR ARTISTIC STYLE?

During the past several years I have created hundreds of pieces of artwork that range in all sizes, from 6" x 6" paintings to large murals. The inspiration for my artwork has varied from detailed landscapes to loose florals, and now I'm working on large abstracts. I actively work to see what inspires me daily, letting my creativity lead the way, so as not to define myself as any one type of artist.

#### TELL US ABOUT YOUR DRAWING CLASSES.

I love teaching art classes because I am very passionate about helping people get in touch with their own creativity and I believe that every human being is creative and has something important to say. Technique is very important and fun to learn but I am also interested in getting people to pick up a pencil or paint brush and open themselves up in a way that is less restrictive and subject to rules. I'm starting with offering drawing classes because I find that drawing is a much more approachable and accessible channel into the art world. Drawing only requires three things: pencil, paper, and your creativity and is a medium that travels extremely well. I have two drawing classes that are taking place in February. The first one is at Peconic Cellar Door in Peconic on Sunday, February 9 from 3–6 p.m. My second

drawing class will take place at Main Road Biscuit in Jamesport on Thursday, February 13 from 6–8 p.m. Hope to see some of you there!

#### WHAT DID YOU LEARN ABOUT ART AS A MUSEUM CURATOR?

As the curator for the Southampton Historical Museum, I learned an incredible amount about the East End and the rich artistic history that has developed over the past 150 years. The art scene exploded on the East End in the mid-to-late 1800s when William Merritt Chase, an American impressionist painter, opened a plein air painting school, which drew wealthy socialites out from the city to Southampton to study and live part time in the "Art Village," while at the same time Samuel Parrish, a wealthy summer resident and Southampton philanthropist, decided to create a fantastic art museum that is still open today, the Parrish Art Museum. Just a couple of decades later, the East End witnessed the birth of a new avant garde movement of art called Abstract Expressionism. Now famous artists such as Jackson Pollock, Lee Krasner, Willem de Kooning, Helen Frankenthaler and many more were pivotal in this new artistic movement and all spent time on the East End, creating. Needless to say, I learned a lot, and I feel honored to be creating in the same space as such historically influential artists.

#### WHAT ARE SOME OF YOUR FAVORITE PLACES ON THE EAST END?

I have so many favorite East End spots! On the South Fork I'm drawn to the artistic history of

Springs, feeding birds at the Elizabeth Morton Sanctuary, camping at Cedar Point County Park, and strolling Sag Harbor's historic streets. On the North Fork I love to drive along the North Road to soak in the sprawling fields, plentiful vineyards and rustic farms. My favorite spot I think would have to be Oregon Road in Mattituck, for all of those reasons. The East End is so beautiful and I feel so lucky to live here because it's famous amongst artists for its "light," a certain atmospheric glow, that is unlike anywhere else.

#### HOW DID GROWING UP IN MAINE INFLUENCE YOUR WORK AS AN ARTIST?

Growing up in Maine shaped both who I am as a person and who I am as an artist. I'm from Buxton, Maine, 30 minutes west of Portland, and to this day my parents still live in the same house I grew up in. My childhood home was surrounded by beautiful acres of fields and forests without any nearby neighbors. And since I was an only child, I embraced the land as my playground and created a world where the trees became my friends. This early immersion into the natural world created a beautiful bond with nature that I still have, and continue to nurture today. My connection and love for nature is evident in everything I create, from my realistic landscapes to my large abstract paintings. 🎨

*See more of Emma Ballou's work at [emmaballou.com](http://emmaballou.com), as well as Instagram at [emma.ballout.artist/](https://www.instagram.com/emma.ballout.artist/). Her work is also on view at Grace & Grit, Clovis Point Vineyard and Main Road Biscuit Co.*

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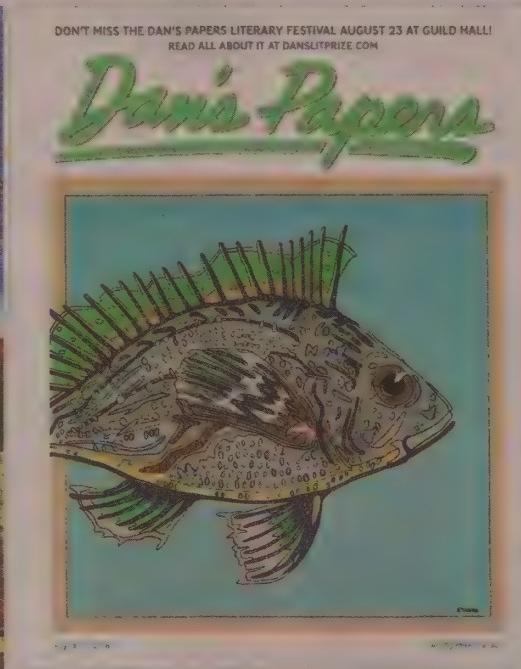
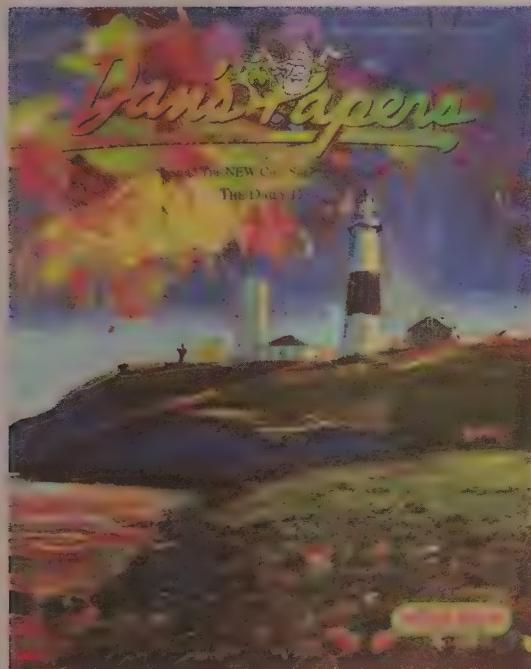
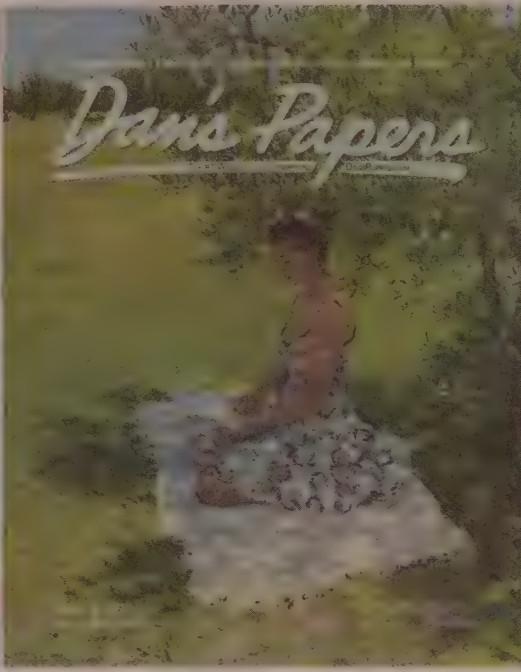
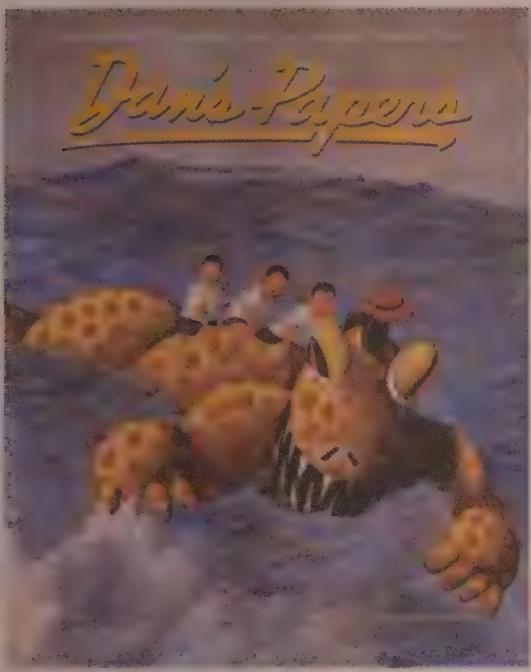
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# Arts & Entertainment

## Celebrating Dan's Papers Covers at the Reboli Center



FROM TOP LEFT: COVERS BY MICKEY PARASKEVAS, MARC DALESSIO, CASEY CHALEM ANDERSON, PETER MAX, MIKE STANKO AND DANIEL POLLERA

**D**an's Papers covers have become ubiquitous with *Dan's Papers* itself. The works of art showcased on the cover are beloved by readers, with many collecting them each week. Starting January 30, the Reboli Center for Art and History in Stony Brook will host *Dan's Covers*, a celebration of the artwork *Dan's Papers* has featured, as well as art from several of *Dan's Papers'* most prolific cover artists.

Fine art has been featured on *Dan's Papers* covers since 1987. After Lee Krasner died in 1985, *Dan's Papers* founder Dan Rattiner was the chair of a committee to explore whether East Hampton could purchase her home and turn it into a study center. Although the executors of Krasner's will eventually chose Stony Brook University to run the Pollock-Krasner House and Study Center, Rattiner's interest in the art community had deepened, leading to Elaine De Kooning as the first cover artist for *Dan's Papers*.

Lois Reboli, who named the Reboli Center after her late husband and four-time cover artist Joseph Reboli, had the idea for the *Dan's Covers* exhibit during the *Dan's Papers* 60 Summers celebration in 2019. "I taught in Southampton for 25 years, and I used to hang up *Dan's* covers in my art room because they're so impressive," she says. "Most of the artists for the

show were chosen from the *60 Summers* book."

Reboli, whose husband died 16 years ago, says that Joseph loved *Dan's Papers* and being featured. "It was always an honor for him," she says. "He was always very, very proud of that! I have many of the original ones from way back in the '90s, because it was an exciting thing to be chosen for *Dan's* covers. I think it's a coveted honor for a lot of artists."

"*Dan's Papers*, with artists on the cover, has played a huge part in getting artists of all levels recognized with their work," says featured artist Daniel Pollera. "If Dan didn't come up with this great idea, the art community would not be as popular as it is today. It's a great advertising vehicle to let people see art that would not have been viewed. It was a catalyst in creating awareness of what artists were doing."

In addition to Reboli and Pollera, *Dan's Covers* will feature the covers and other artwork of Casey Chalet Anderson, Marc Dalessio, Keith Mantell, Lynn Mara, Lynn Matsuoka, Mickey Paraskevas, Doug Reina, Gia Schifano, Mike Stanko, Ty Stroudsburg and Charles Wildbank. "It's just a very exciting opportunity," Reboli says. "I know quite a few of the artists, like Charles Wildbank, and it's just an honor to have *Dan's* covers and some of the original art from the artists."

The Reboli Center itself is a tribute to its namesake. "I always wanted there to be someplace where we could show his work, where people wouldn't forget him," says Reboli. "He loved [Stony Brook] so much. Thankfully, he was very important to a lot more people than just me, so everybody has just come together and helped this happen... We've been open for a little over three years now. We've become a destination. Every year we see it growing and growing. There isn't anybody that comes in that doesn't enjoy the peace of the place. They feel welcomed and that was our goal—to have a place where people could come for free, rather than have any charge to get in, and we were hoping to have a museum, gallery and we've got a wonderful design shop. It's a lot of work and almost nobody gets paid, even the people that work for us, but everybody is doing it out of love, so it's a joyful enterprise."

BY LEE MEYER

See *Dan's Covers* at the Reboli Center for Art and History, 64 Main Street, Stony Brook, from January 30–April 26. There will be an artist reception on February 21, including a talk with *Dan's Papers* President and Editorial Director Eric Feil. Visit [rebolicenter.com](http://rebolicenter.com) for more information.



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# Food & Drink

## Score Big with Best of the Best Super Bowl Snacks

It all comes down to this—Super Bowl LIV pits the San Francisco 49ers against the Kansas City Chiefs on Sunday, February 2. This historic game marks the first time the two teams will face each other in the Super Bowl.

The 49ers enter the final game with a commendable 13-3 record this season, and history may be on their side, as they hold the intimidating distinction for the highest Super Bowl win-loss ratio of any team with more than two appearances, winning five out of six between 1981 and 2012, only losing to the Baltimore Ravens. The Chiefs enter the Super Bowl spotlight after a 50-year absence, ending their 2019 season with a 12-4 record. Their first Big Game appearance was the inaugural Super Bowl I way back in 1966, when they lost to the Green Bay Packers. The Chiefs took their first and only title at the end of the 1969 season, defeating the Minnesota Vikings.

With so much history packed into the NFL's 100th season, culminating in Super Bowl LIV—plus a spectacular halftime show promised by Shakira and Water Mill star Jennifer Lopez—it's critical that your game-viewing experience is perfect, and there's no better way to do that than with our 2019 Platinum Best of the Best game day snacks. While this technically isn't a category in its own right, voters have selected their favorite East End wings, pizza, delis, takeout restaurants and beer/beverage distributors. Game on!

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Watch Super Bowl LIV on Sunday, February 2 on Fox. Find more Best-of the Best businesses and personalities at DansBOTB.com.

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# Health & Wellness

## Winter Is the Time to Start Being Your Summer Best



“Winter is the best time of year to have the cosmetic procedures you have been thinking of” says cosmetic plastic surgeon Dr. Stephen T. Greenberg, M.D., F.A.C.S., perennial Dan’s Best of the Best Platinum honoree. “With the summer season just around the corner, now is the time to take action so you can spend the summer enjoying all that Long Island has to offer.”

### Why is winter a particularly good time to consider a procedure that a person would want “complete” before summertime?

From surgical to nonsurgical options, winter is the perfect time for men and women to rejuvenate their face and body and achieve the look they desire. This is especially true for women who have lost weight or have had children and would like to turn back the hands of time and regain their figure.

The Greenberg Modern Mommy Make-Over provides a high-tech solution for women interested in taking action to improve their look. More and more women are having children later in life and their bodies do not bounce back the way they did when they were younger, or after their first pregnancy. Although diet and exercise are essential, areas such as the lower abdomen where the skin has been stretched and the muscles weakened may never return to “normal.” A tummy tuck tightens the abdominal muscles and the skin of both the lower and upper abdomen. The effects on breasts are no less dramatic. This can be improved with breast implants, a breast lift and sometimes a combination of both. Breast reductions are of tremendous benefit to many patients to relieve pain and discomfort. Depending on the severity, insurance may cover a breast reduction procedure and possibly a tummy tuck.

Breast augmentation is the No. 1 cosmetic procedure in the United States, and breast augmentation combined with a tummy tuck is a very popular surgical combination. Male breast reduction has also become very popular—male breast over-development (gynecomastia) affects 40 to 60% of all men, and the cause is often unknown.

By creating a highly individualized plan to meet each patient’s specific needs and aesthetic goals, we can perform a variety of both surgical and nonsurgical procedures to address concerns of the breasts, abdomen, arms and thighs with little to no downtime. Surgical procedures such as breast augmentations, with or without breast lifts, abdominoplasty, liposuction, and Cellulaze for stubborn cellulite, as well as surgical

and nonsurgical vaginal rejuvenation, all help to achieve the body you desire. In addition to these body contouring and enhancement procedures, surgical facial procedures are a quick solution that will refresh and restore your look quickly with amazingly little downtime.

### What, if any, are the differences in approach when consulting with men and women about something like skin treatments or a facelift?

Unfortunately, nothing stops the aging process for both men and women—not even a facelift, but it can turn back the aging process by 10 years. Facelifts improve the visible signs of aging by removing excess fat, tightening muscles and removing extra sagging skin from the face and neck. Facelifts will correct and tighten both the skin and deeper muscular layers of the face. Facelift surgery can make you look younger, but will not give you a totally different look.

The eyelids are often the telling sign of a person’s age. As we age, we begin to develop droopy or “puffy” eyelids. This process starts in the 30s and 40s for both men and women and progresses with the aging process. These changes usually occur because over the years, the eyelid skin thins, loses tone and becomes more susceptible to gravity. The fat pockets gradually herniate forward, which can cause bags in both the upper and lower eyelid. As you age, your eyes look more baggy and tired. We use state-of-the-art technology and lasers to correct droopy upper lids and puffy bags below the eyes. Expect a refreshed and rejuvenated look with natural results where everyone will notice but no one will know.

### What are the most important aspects of your first meeting and consultation with a prospective client?

Each patient is treated in my state-of-the-art accredited ambulatory center. From our first meeting to the weeks following surgery, I want each patient to be happy with their full experience. I use cutting-edge imaging to help patients visualize their surgical results and mentor them on how a natural-looking and effective outcome can make a significant impact on reaching their goals. Each patient has unique goals and concerns. There’s no one-size-fits-all approach.

I provide a comprehensive consultation where all concerns and criteria are evaluated and then make recommendations based upon the individual’s needs.

No longer are there lengthy recovery periods. The combination of advanced surgical techniques with cutting-edge technology has my patients back to daily routines quickly without evidence that they had anything done.

Being restaurant-ready in a matter of days means that nonsurgical facial treatment options such as injectables and/or laser procedures can be added to the plan for a complete and polished look.

The fleet of technology at our MedSpa offers treatments for a variety of summertime enhancements, such as advanced laser hair removal, skin tightening, cellulite reduction, nonsurgical fat reduction with CoolSculpting and Emsculpt, as well as tattoo removal and sweat reduction with the revolutionary MiraDry system. Starting now helps to ensure you look and feel your best this summer.

### What are the benefits of CoolSculpting and Emsculpt? How do these procedures work?

Many people across the country commit to a healthy diet and exercise regularly but may find that stubborn fat still clings to certain areas. CoolSculpting

and Emsculpt are both noninvasive fat reduction treatments designed to eliminate stubborn areas of diet and exercise resistant fat. The techniques differ in that Emsculpt uses electro-magnetic energy to produce powerful contractions in the abdomen and buttocks that are equivalent to doing 20,000 sit-ups or squats in just one 30-minute treatment. The amount of energy this requires, forces the body to burn fat while toning and sculpting the treated areas.

CoolSculpting is a revolutionary nonsurgical body contouring treatment that uses a freezing method (cryolipolysis) to freeze away unwanted fat and naturally eliminates traces of it from the body. Utilizing carefully controlled cooling technology, this advanced system is able to target and freeze fat cells beneath the skin without harming the skin itself. Once the fat cells have been crystallized, the body will naturally respond by gradually shrinking them and compressing the treated area. No needles, anesthesia or downtime necessary, and up to 25% of fat is destroyed!

A variety of areas across the body can be treated including the abdomen, thighs, love handles, buttocks, arms and even underneath the chin. Ideal patients are those who practice eating healthy and regularly exercising but are noticing certain areas are resistant to weight loss.

### Tell us a bit about microneedling.

Microneedling is a specialized skin-rejuvenating treatment that is designed to correct and reverse the signs of aging and imperfections within skin. Treatments encourage the restorative benefits of your own cells by promoting skin renewing and regeneration within the tissue. Microneedling is also referred to as collagen induction therapy because it activates natural collagen production deep within skin. Collagen is a naturally occurring substance within the body that supports skin elasticity and youthfulness. Through microneedling, and the natural healing process of your own cells and tissue, you can achieve radiantly younger and healthier skin.

### What are some of the most common questions or concerns you encounter when speaking with patients, and how do you help them overcome them?

It is of the highest importance to me that each patient gets the very best results suited to their individual physique. My goal is always a natural outcome to enhance and restore a patient’s youthful appearance.

I count on my doctor-patient relationships as one of the keys to providing the best experience. Many of my patients wish to see an overall change in their silhouette, even if they are coming for facial rejuvenation. I have been combining facial surgery with body contouring for more than 25 years. The technology exists to customize each patient’s treatment plan to provide them with the goals they desire from head to toe.

I continue to yield the most amazing results by combining liposuction with a tummy tuck and fat transfer to the buttocks, lips, face and even hands. After 25 years in practice, I still receive great satisfaction from helping my patients reach their aesthetic goals.

Once they are happy with how they look, their entire demeanor changes. It is amazing how important these improvements can be to a patient’s state of mind.

For more information about Dr. Stephen T. Greenberg, visit [greenbergcosmeticsurgery.com](http://greenbergcosmeticsurgery.com).

## Health & Wellness

# Health Never Sleeps—Ways to Stay Well This Winter

The winter months can leave us feeling literally and figuratively cold, but it's still important to be your best self. These East End health and wellness experts are here to help.

### PRESSURE POINTS

Acupuncture is a convenient and simple way to keep your body, mind and spirit happy and healthy. The acupuncture style or method I have employed for 24 years is called the Worsley 5 Element Acupuncture. J.R. Worsley was my professor in Florida and in the U.K., where I studied. The diagnosis I make with each patient is based on the seasons and other natural cycles and how they express themselves in a person. Patients receive very few "needles" during their session, and they are not left in. I have successfully treated people for many issues, including sciatica, migraines and fertility, to name a few. Acupuncture works with the energy or Qi (pronounced 'Chi') of a person, which has specific and natural healthy patterns, the same way planets orbit around the sun. Stress impacts Qi patterns and signs/symptoms result. I re-teach or reset healthy, desirable patterns and people feel better and get better.

**— Lauren Matzen, Licensed Acupuncturist, Classical Acupuncture**

### TAKE YOUR VITAMINS

During winter months, the need for Vitamin D is often overlooked. With less time spent in the sun, it's important we monitor our Vitamin D levels to ensure we are getting enough. Two easy ways to increase your Vitamin D intake are to take a supplement or to incorporate more Vitamin D-rich foods into

your diet, such as fortified foods (dairy, cereals) or fatty fish such as salmon, mackerel or sardines. With the cold weather, people are less inclined to drink enough water, making it difficult to stay hydrated. Easy ways to ensure you are drinking enough water is to track it or set reminders on your phone to keep you drinking throughout the day. You want to aim for eight cups a day.

Being cooped up inside makes it difficult for many people to get out and exercise. During winter months we tend to move less. Incorporating small amounts of exercise into your day by walking the dog, taking the stairs, doing short at-home exercises, or using an exercise app can help keep energy levels up and burn extra calories.

**— Lara McNeil, MS, RDN, CDN, Registered Dietitian Nutritionist, East End Nutrition**

### SKIN DEEP

The winter months can be really tough and cause tight, dry, flaky skin. Our skin is exposed to dry heat in our homes and in our cars, and the windy cold air when we step outside. The best way to combat the negative effects would be to prevent them. Protect your skin with a great hydrating serum and heavier moisturizers than you would typically use throughout the summer months. Around our eyes, the skin is thinner than other areas of the face, so a great eye treatment is important for keeping the skin hydrated and reducing the appearance of crow's feet. My favorite way to get an instant overnight boost of hydration is to sleep in a hydrating mask packed with Vitamin C. Skincare should change as the seasons do, so scheduling your facials just before a seasonal change is important



ACUPUNCTURE CAN HELP WITH VARIOUS HEALTH ISSUES

for preventing any skin issues. Your esthetician can make product recommendations for your skin type and help you plan an at-home skincare plan. Cold weather decreases blood flow to the skin, resulting in dry, dull and sometimes irritated skin. Make sure your moisturizer has more of a creamy, heavier feel to it to create more of a barrier between sun, wind, cold and your skin. Don't worry so much about exfoliating or having resurfacing treatments done if you plan to spend a lot of time outdoors. Keeping a barrier in place is more important for your outdoorsy lifestyle. Drink plenty of water and remember that the sun's damaging rays reflect off snow the same as they do off sand.

**— Virginia White, Licensed Esthetician, Ocean Spa**

## Lauren Matzen, MAc



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# Sneezes and Sharing: Your Guide to Kids Winter Health

Is your daughter's preschool class starting to feel more like a petri dish? Or maybe your son's locker room reminds you of the inside of a laundry hamper? If it seems like every time you turn around someone else you know has a child home sick, check out these six tips for staying well and keeping your kids well through the winter.

**WASH YOUR HANDS.** It turns out that this basic advice is still the best way of preventing the spread of germs. Encourage your kids (and remind yourself) to wash their hands before and after you eat, after using the bathroom, after playing with shared toys, and after any sneeze or cough. The trick is to wash for long enough to make a difference—ask your kids to sing "Happy Birthday" while washing their hands to ensure their washing is as effective as it can be. No easy access to water or soap? Send your kids to school with alcohol-based hand sanitizer safely tucked into their backpack so they can use it whenever the need arises. Just remember, that if their (or your) hands are visibly soiled, it's time to go back to good old-fashioned soap and water.

**VACCINATE!** Even though the flu vaccine is not always 100% effective, it is still the best way to prevent influenza, a virus that causes fever, aches and pains, congestion, respiratory distress, and can even lead to hospitalization or death. Although everyone on the internet seems to have a horror story about getting sick after the flu vaccine, the injectable flu vaccine is made from killed components of the influenza virus, making it impossible to get the flu from the vaccine.

**EAT WELL AND SLEEP WELL.** Your grandma and mom have always warned you to dress your little ones



SING "HAPPY BIRTHDAY" AS YOU WASH YOUR HANDS TO TIME IT CORRECTLY

warmly and not let them outside with wet hair, but these actions don't prevent gross winter illnesses. But, it turns out that some of their other advice was spot on—eating nourishing, healthy food, including fruits and vegetables, and limiting sugary foods, and getting at least eight hours of sleep (without clutching their screens) helps to keep the immune system happy and healthy through the winter months.

**STOP SHARING.** Okay, maybe this isn't great advice to share with your toddler, but sharing drinks, snacks, and lunch items can spread illness. Help them remember not to put shared items, like toys, books, and crayons, into their mouths, and not to put their hands in their mouths or their eyes after playing with these items. Remind them germs are invisible but live everywhere. This advice applies to your older kids, too—items like lip gloss, winter hats, water bottles and shared sporting equipment can spread diseases like

herpes, cold and flu viruses, and stomach bugs, not to mention problems like head lice. Encourage your kids to share some things—but keep their germs to themselves!

**COVER YOUR MOUTH!** Once again, grandmas, moms and preschool teachers are right—covering your mouth with a tissue while sneezing or coughing is a great way to prevent the spread of infections. No tissue handy? Show your kids how to cough and sneeze into their arm and elbow, and turn away from others as they're doing it. Have them practice at home so they'll be ready to cover with ease at school or with friends.

**PLAY CAREFULLY.** Winter is a great time for activities like sledding, ice skating, snowball fights, skiing and hockey. These can be fun and exciting activities for your crew, but they can also be dangerous. Make sure that your kids' equipment and protective gear (like helmets) are in good condition and up to proper standards—sorry, college students, it turns out cafeteria trays are not the safest sleds—and that they are dressed warmly enough for the conditions. Ensure the safety of the area they are playing in and don't forget to check on them frequently...or jump in yourself and enjoy the season. 

BY RINA MEYER, MD

*Dr. Rina Meyer is a board certified pediatric hematologist-oncologist at Stony Brook Children's and Assistant Professor of Clinical Pediatrics at the Renaissance School of Medicine at Stony Brook University. Her views are her own and do not necessarily represent the views of Stony Brook Children's and the Renaissance School of Medicine.*

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## Health &amp; Wellness

# Awakening Your Inner Self with Yoga



**G**inaJi, owner of AyurYogaTantraSpa, talks about the importance of yoga in helping unlock the inner self.

## HOW IS YOGA HEALING FOR THE BODY?

Well, I could write a book on how yoga is not only healing to the body, but also so many other aspects of ourselves, seen and unseen. Mental, physical, emotional, energetic, spiritual and sexual! Please note that yogic sex and spirit are a sacred, personal journey of exploration, treated with great respect.

For me, at first, yoga was about healing chronic back pain. I discovered it had so much more to offer, as well as the obvious musculoskeletal system benefits. Yoga is healing to our mind, emotions, energy, vitality, immune function, digestion, elimination, cardiopulmonary activity, nervous system and endocrine system, meaning hormonal balance and sexual health. Yoga can even alkalize blood, calm the heart rate, balance blood pressure, slow biological aging and more!

When it comes to healing the physical body with yoga, beginners are primarily attracted to yoga's ability to improve mobility, flexibility, balance, strength and breathing through regular practice of postures, called "asanas."

When it comes to deeper healing, what sets yoga apart from just stretching or other western exercise is the attention to the breath and specifically various forms of breath work called "pranayama" and various forms of relaxation, visualization and meditation to purify and rejuvenate all aspects of the mind and body.

Over time, these practices work synchronistically with our brain chemistry, activity, response and something called an "energy body," along with energy pathways and energy centers, which are believed

to be influential and superior to the physical body, inviting higher states of awareness, consciousness and long-term healing transformation. I call this "Magical Multidimensional Mind Body Medicine!"

## HOW DOES YOGA CONTRIBUTE TO AN ACTIVE LIFESTYLE?

Choosing yoga based on an "active lifestyle" is a personal choice. In other words, one size doesn't fit all. If the active lifestyle is heavy on active, then consider whether or not you desire an active yoga style to meet that energy and disperse it, or a passive yoga style to calm it down.

All classical yoga classes include centering, breathing, physical practice with breathing and a short or long period of relaxation and/or mediation. Short or physically based active yoga classes sometimes abbreviate or completely omit centering, breathing, relaxation and meditation.

Let this choice be influenced by your intention, goals, activity level, physical desires and physical abilities, knowing that these change with age, season, lifestyle responsibilities and schedule. Yoga, having many styles and lineages in the U.S., is easily a standalone form of healthy exercise. It's also a fantastic complement to any active lifestyle or any exercise program.

## HOW CAN SOMEONE FIND THE BEST TYPE OF YOGA FOR THEIR BODY AND LIFESTYLE?

I ask my students and clients to be curious. Visit websites, read descriptions, have a short conversation with teachers at the studio, sample different studios, different teachers and different classes.

Note that a beginner yoga class could be for active beginners. It's for this reason I offer All Levels Friendly yoga classes. If you have been injured, ill, in any kind

of recovery, inactive, feel deconditioned, lack strength, flexibility, stamina endurance or have chronic pain or stress, then you may want to try something slower, softer, gentler. Consider Chair Yoga, Gentle Yoga, a First Timer Yoga Series or private yoga session.

Private sessions are an excellent way to prepare for any type of yoga, including beginner yoga. An experienced instructor can address any health or life concern, goal or interest.

## WHY IS YOGA SUCH A BELOVED PRACTICE?

More than just physical, yoga is beloved because it helps us feel good inside and out, a higher vibe, aligning head and heart, which is sometimes referred to as the "seat of the soul."

The meaning of "yoga" is "yoke" or "union" of the mind and body with spirit. Spirit is personally defined by the student. What does spirit mean to you? Spirit could mean many things, such as life force energy, soul, nature, infinite self, higher self, intuitive self.

Rather than only being in our heads, yoga gradually rekindles the mind-body connection, self-connection, self-acceptance and self love. Yoga fosters self-empowerment, enabling us to navigate our lives with more compassion, faith, grace.

Yoga helps us remember, honor, expand, sense and feel our true authentic self or our inner light that shines even brighter, helping us to acknowledge the shine of others. This is why we say "Namaste" at the end of each class. *Namaste:* "The highest and best in me to the highest and best in you," or "The light in me honors the light in you!"

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## Fight! For Your Life: Body, Mind, Spirit and BJJ



CLOCKWISE FROM LEFT: GREG MELITA, IAN HILL WITH STUDENTS, HILL WITH ALEX VAMOS AND MATT DENZLER, YOUNG VAMOS COMPETITORS, MELITA WITH UFC LEGEND CONOR MCGREGOR

Fans and practitioners of mixed martial arts (MMA), such as the hugely popular Ultimate Fighting Championship (UFC), cannot overstate the importance of Brazilian jiu-jitsu (BJJ) in the often-brutal sport. This self-defense system, made popular by the world famous Gracie family of fighters, is all about grappling and the ground game—proving that tying an opponent into painful submission holds is as essential to professional fighting as a devastating punch or kick. For regular folks who may never see the inside of a cage, BJJ is also a path to physical fitness and self-improvement.

Here on the East End, two local BJJ schools, Vamos Mixed Martial Arts (moving from Calverton to downtown Riverhead on February 1) and Hamptons Jiu Jitsu in Southampton (801 County Road 39), are teaching students of all ages the power of self-defense and, as the Vamos MMA website says, “how not to fight.” In addition to helping adults get lean and focused, both schools have achieved particular success shaping kids into confident, empowered and disciplined young men and women who have learned to rise above bullying, respect authority and enjoy camaraderie with their fellow BJJ students.

“We teach you to really build yourself up and build your confidence without having to show it,” Vamos MMA instructor and co-owner Ian Hill says, explaining that self-discipline, self-respect and respect of others are key benefits of learning martial arts. “A lot of tough guys want to fight and they want to use their words, but we teach you that you don’t have to do that,” he continues. “Self-image is huge, confidence and discipline—those are the three major things I teach the kids and the adults.”

Hamptons Jiu Jitsu owner and former Ross School fitness coach Greg Melita agrees, noting that BJJ is excellent for building confidence, especially for kids. “You talk about bullying, and it’s a big problem today,” the triple black belt holder (in karate, judo and BJJ) says. “I had a parent come in last week and was just

crying and ecstatic because her son, who’s very timid, is now training here and loves it, and has friends here. Kids were picking on him, now all of a sudden it stopped,” Melita adds. “Most parents are afraid to put their kids in martial arts because they’re afraid their kid will hurt somebody. It’s the opposite effect.”

Neither instructor promotes fighting back against bullies. Instead, they teach students inner strength and the ability to rise above their tormentors. “We’re instilling self-defense, not fighting,” 37-year-old Hill says. “You’re not allowed to fight. When you leave this school, if you get into a fight and I find out about it, I have to let you go,” he warns, adding, “If you have confidence in yourself, it’s very hard to get bullied. You can talk yourself around the situation or just not be in the situation at all. That’s what I teach and preach: Be a leader, don’t be a follower.”

For adults and kids, 35-year-old Melita notes that BJJ also builds body and spatial awareness. “Controlling another person’s body, controlling their body—it builds their musculature in a certain way that other sports don’t,” he says of his students. “You’re getting in shape, you’re getting stronger. Your cardio is going up. When you do jiu-jitsu, you’re thinking about the moves, not getting in shape [like you do at the gym]. It’s the most bang for your buck. You’re learning self-defense, how to protect yourself, you’re getting a great workout. A lot of people have to go to three or four different spots to get all those things.”

Both Melita and Hill say prospective students should not feel intimidated to join their first BJJ class, no matter how out of shape or inexperienced. “We love everyone,” Hill says, sharing stories of two brothers

who started at 300 pounds and are currently competing at 180–190 pounds, and another student who hoped to slim down to 210 pounds and is now “unrecognizable, in a good way” at 170. Hill, who weighs in at a trim 150 pounds, says he regularly spars with a 6’ 9” police officer student named Tom. “Everyone loves him... I don’t hurt him. He doesn’t hurt me. And it’s real sparring.”

“Naturally, everybody is intimidated to start,” Melita acknowledges, but explains that he has students with a wide range of ability and experience, and everything is scalable based on their ability. “You build based on your baseline... You’re always the nail before you’re the hammer,” he says, noting that students learn to fail well, which is an important component in finding success. “In school you’re taught lessons which prepare you for the test and you learn that way. In jiu-jitsu, you’re given a test and that’s the lesson. You’re thrown right in the mix.”

Echoing this sentiment, Hill says, “You need to fail to learn something. You have to fail and you have to be okay with failing, and you have to be able to pick yourself back up and keep going. That’s where the growth comes.”

BY OLIVER PETERSON

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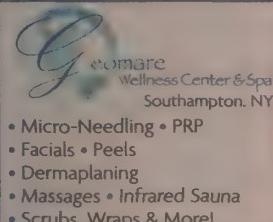
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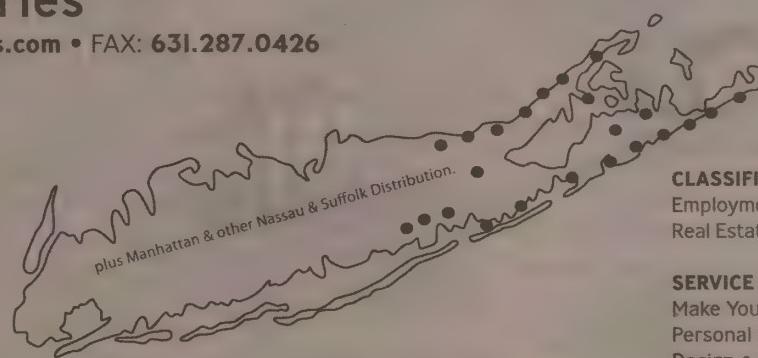
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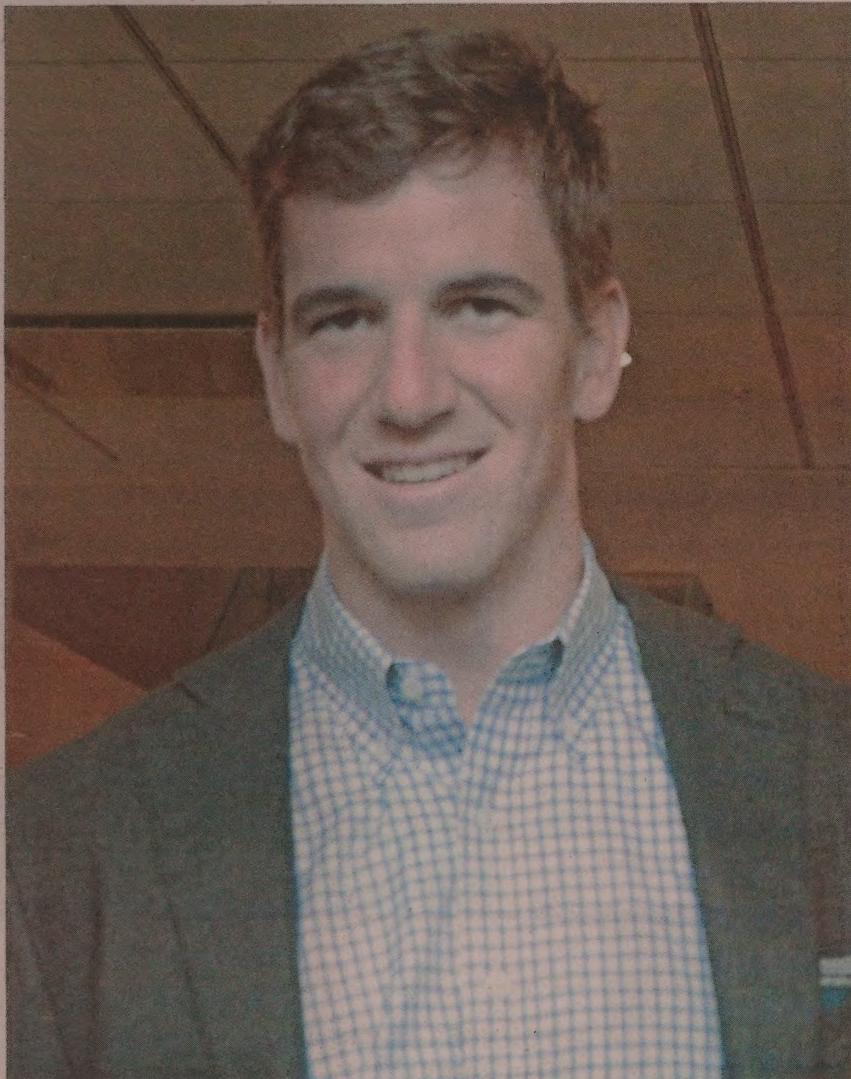
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# Real Estate



## The NFL Touches Down in the Hamptons



ELI MANNING, LIZZIE AND JONATHAN TISCH; BOTTOM: WOODY JOHNSON

Unlike West Texas, the Hamptons is hardly a place that seems synonymous with football, but believe it or not, we've got the makings of a pretty sweet fantasy team. Well, not exactly, but the NFL does have a significant presence on the East End.

So, in honor of Super Bowl LIV Sunday, we have decided to prove how football-ready we really are. Here's an all-Pro lineup of players and owners who reside on our fair shores.

Starting our list of New York Giants-affiliated greats, the team's VP of Community Relations and family owner **Frank Mara** and his wife, artist Lynn Mara, have owned a home on Red Creek Road in Hampton Bays since 2012.

Another NY Giants owner, **Jonathan Tisch**, owns a home on Ocean Road in Bridgehampton with his wife, Lizzie Tisch. Tisch hosted a fundraiser for Hillary Clinton at this luxurious home in 2016.

Newly retired Giants quarterback and two-time Super Bowl MVP **Eli Manning** and his wife, Abby McGrew, bought a beach-side mansion in Quogue in January 2017. The 7,000-square-foot Dune Road home cost a cool \$8.5 million.

With two of his former team

owners and a Giants QB legend in the area, it only makes sense that former tight end for Big Blue, Detroit Lions and the Philadelphia Eagles, **Vyto Kab**, used to own a home in Southampton, which he sold in 2018. He sold his first home here to Brooke Shields and Chris Henchy in 2013.

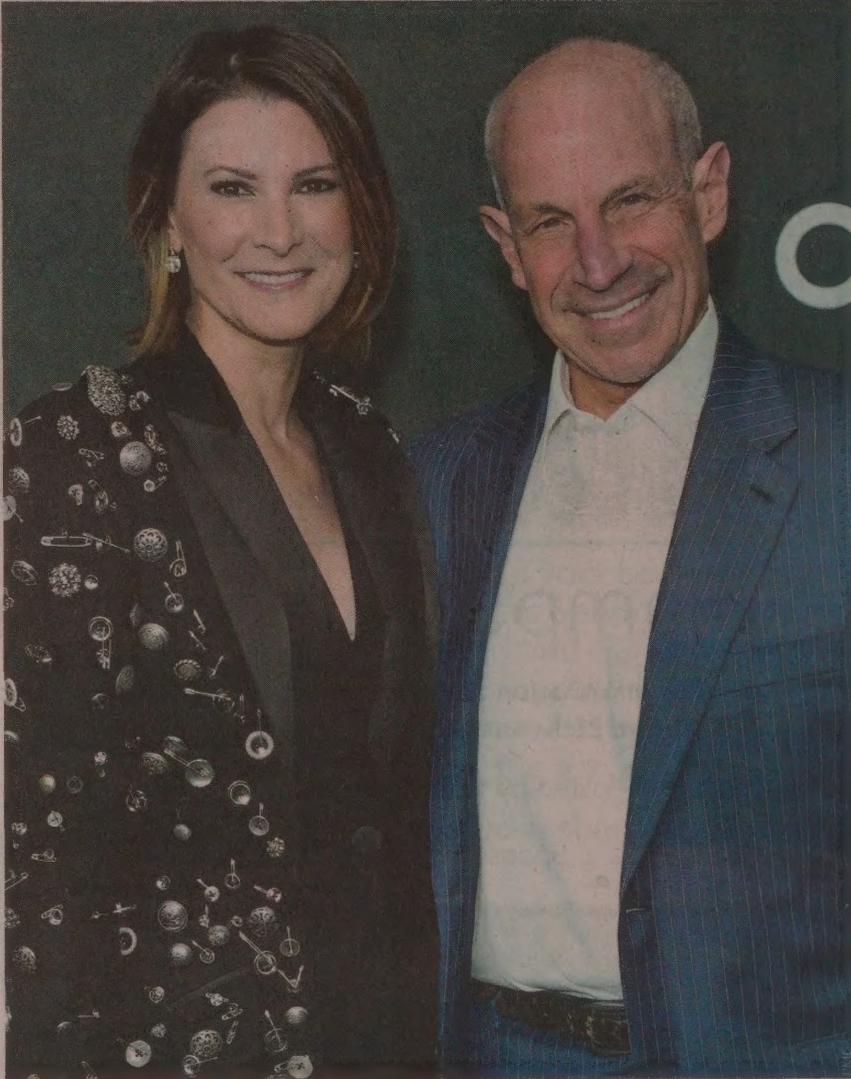
Miami Dolphins co-owner and real estate developer **Stephen M. Ross** has owned a home on West Neck Lane in North Sea since 2000 and held a fundraiser for President Donald Trump in 2019.

He is a 95% owner of the Dolphins as of 2009.

Detroit Lions owner **Martha Firestone Ford** is a longtime Hamptonite. She has lived on East Hampton's Nichols Lane since 1956.

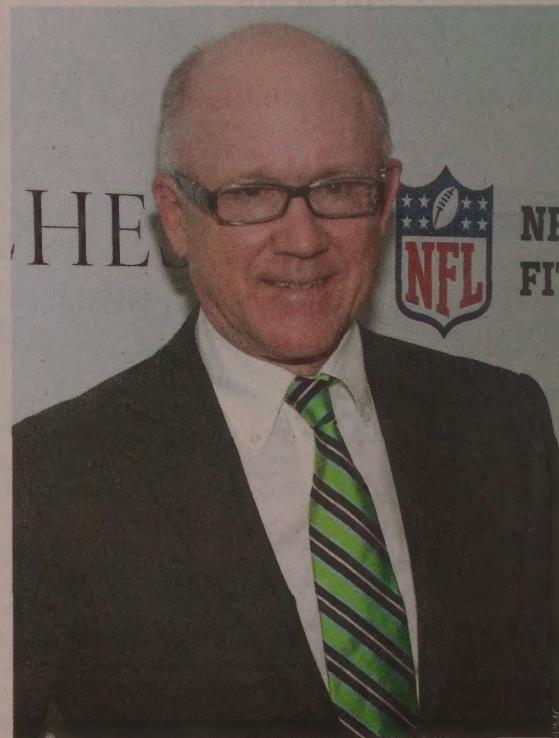
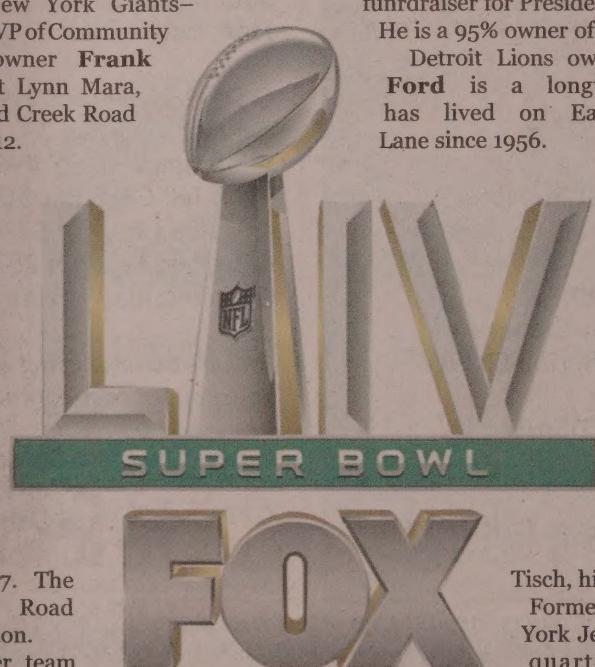
New York Jets owner and ambassador to the United Kingdom **Woody Johnson** and his wife, Suzanne Ircha, own a home on Highway Behind the Pond in East Hampton. Just like his rival NY team owner, Johnson hosted a fundraiser at his Hamptons pad in summer 2016, but in perfect opposition to Tisch, his was for Trump.

Former Cincinnati Bengals, New York Jets, and Arizona Cardinals quarterback **Boomer**



**Esiason** and his wife, Cheryl, have owned a home on Ocean Road in Bridgehampton since they bought it for \$1.6 million 2004. Esiason played in Super Bowl XXIII and lost a heartbreaker to Joe Montana and the 49ers, but hey, does Montana have a Hamptons home?

BY OLIVER PETERSON



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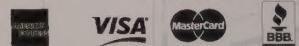
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